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Santa who? E-commerce giant Amazon aiming to deliver orders via airborne drone by 2018 **PAGE 16**

YOU THINK YOU CAN OUT-TANTRUM ME? OK — LET'S GET NUTS

CHILDREN'S COACH AND AUTHOR TALKS CALMING KIDS AT CHRISTMAS TIME **PAGE 23**



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WINTER WALLOP

Snow and bitter cold was the order of the day Monday, with roads roughed up and travel throughout the city slowed to a crawl in many areas. Police responded to 108 collisions as snow fell in the Edmonton region for most of the day. STEPHANIE DUBOIS/METRO

Budget 'barely holds us steady,' police chair says

Crime. Cops say \$7.1M boost won't help reduce lagging response times



RYAN TUMILTY
ryan.tumilty@metronews.ca

Edmonton police are seeing both property crime and their response times moving in the wrong direction, but their latest budget won't do much to address the problems, they told councillors Monday.

Rising response times have been a consistent problem for police, as calls to 911 have grown. Police commission chair Shami Sandhu told councillors that without significantly more resources than what they requested in the budget that wouldn't change.

"EPS will be hard-pressed to

make a significant dent in response times," he said.

Sandhu said the proposed budget, which will add \$7.1 million to the department and add 35 positions, isn't enough to deal with the issue.

"I would say it barely holds us steady," he said.

Police Chief Rod Knecht said the force was aware of the financial pressures facing the city and took that into account.

"This gets us to a better place, but it is not going to get us to where we need to go and we know the pressure the city is under," he said.

He said property crime is rising, but that's partially because of the emphasis the force placed on violent crime, which is seeing a reduction.

"We are doing good in violent crime because that's where we focused our resources, but property crime got away from us a little bit," said Knecht.

He said police would likely ask for between 35 and 40 new positions every year over the next few years to deal with growth.

Mayor Don Iveson said council will have to watch the statistics closely, but he's pleased the police have brought forward a measured proposal.

More people, more crime

"We are up 5,900 calls from last year and that is not over a five-year period, that is over last year."

Police Chief Rod Knecht

"What we are trying to move toward with the police is a steady growth in their staffing that we can manage without a shock to the taxpayer," he said.

Councillors will finalize the budget later this month.

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14903 118th Ave. NW

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10642 82nd Ave. NW
12714 137th Ave. NW

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1934 38th Ave. NW
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Transit

Leduc opts out of ETS bus deal

The City of Leduc is driving away from Edmonton Transit Service following a recent discussion to start its own public transportation system.

Leduc currently has an agreement with ETS for its C-Line buses, which take passengers to and from Century Park to Leduc and parts of Leduc County. Under Leduc's new plan — which is pending council approval — the city would purchase and service its own buses as early as September 2014.

"What it really boils down to is they would have their own buses — not leased buses from Edmonton Transit — and they would have their own operator dispatch system. They would look after it completely as Sherwood Park and St. Albert do," said Marc Lefurgey, general supervisor of special services for Edmonton Transit.

The four buses that were leased by Leduc will re-enter the ETS system once the old agreement ends, according to Edmonton officials.

The agreement change comes after budget deliberations in Leduc that allowed the province's GreenTRIP funding dollars be used for Leduc and Leduc County to purchase four larger buses and five community buses for feeder routes.

"We're not cancelling it, (we're) changing the methodology in how we provide the C-Line service and, of course, expanding service for feeder routes," said Mike Pieters, general manager of infrastructure and planning.

Leduc officials are expected to OK the decision Dec. 9. **STEPHANIE DUBOIS/METRO**



Darla, last name withheld, tends to marijuana plants in the basement of her Calgary home on Monday. She claims she'll be left with no choice but to keep growing the plants, even after home-based operations become illegal in April 2014. **JEREMY NOLAIS/METRO IN CALGARY**

Weed growers to defy federal order

Marijuana reform.

Home grow operations will be illegal as of April, but three Albertans plan to stay the course

To the untrained eye, the 15 marijuana plants growing in Darla's basement hardly look different from the more common greenery she keeps upstairs.

She claims to have hypersensitivity to synthetic prescription drugs, adding "weed is the only thing that works" to combat restless legs syndrome, arthritis, chronic pain in her back and other ailments.

"To me, it's not a danger,"

she said while peeling back a tarp to reveal her operation during an exclusive tour of her Calgary home provided to Metro on Monday. "I had tomatoes growing in my kitchen all winter last year ... there's no difference. In fact, it's easier than tomatoes — a lot less work."

Metro agreed to withhold Darla's last name and the location of her home amid fears she could be targeted by both law-enforcement agencies and criminals.

She's actually been approved to grow three times as many plants but maintains only enough to produce a few joints to smoke in the evening.

Even still, come April, her grow site and countless others hidden away from the public

eye in Alberta homes will be declared illegal by Health Canada.

But Darla and two other Alberta home-based marijuana growers speaking on condition of anonymity Monday said they see major flaws with the federal government's move to commercial operations.

But Health Canada said in a statement issued Monday it expects all current participants of its medicinal marijuana program to comply with the law, adding it will "provide guidance" on the responsibilities they have for disposing of plants and other products. The statement provided, however, did not specify how the government would ensure compliance among current growers, given that law-enforcement officials

are not provided with information on where sites like Darla's exist.

Fellow grower Mick, whose last name is also being withheld, said he's remaining optimistic that the federal government will call off the changes last minute.

"It's pretty daunting — I don't even want to think about it," he said. "I would rather go back to the black market than ever purchase from these private companies."

Alberta Justice Minister Jonathan Denis told Metro in an interview last month he sees merit in establishing a public registry of homes that once served as grow sites and were not properly cleaned out.

JEREMY NOLAIS/METRO IN CALGARY

1 NEWS



Did you know **72%** of pain sufferers regularly have trouble sleeping?

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Edmonton family raises money for daughter with sickle-cell



Naomi Fiogbe, 11, displays some of her favourite toys as she speaks about her battle with sickle-cell disease.

LEAH GERMAIN/METRO

Community support.

The Fiogbe family is hoping to raise \$60,000 for their daughter who has to undergo a bone marrow transplant

LEAH GERMAIN

edmonton@metronews.ca

Naomi Fiogbe may look like an average Grade 7 student — with big brown eyes framed with thick lashes, the 11-year-old snuggles a Minnie Mouse doll as she talks about her favourite subject in school.

While Naomi may seem like just another child transitioning into a teenager, the 11-year old Edmonton girl is anything but.

Diagnosed with sickle-cell disease when she was born, Naomi has suffered from the effects of the blood

How to help

Donations can be made online at www.gofundme.com/savingnaomi.

disorder, which creates abnormally shaped red blood cells, for most of her life.

Things escalated in October this year when she had to undergo major surgery after her brother found her barely conscious and hemorrhaging blood in her bathroom.

The surgery included a colostomy and ileostomy.

Naomi now faces undergoing a bone marrow transplant.

Her parents are hoping to take Naomi to the National Institute of Health in Bethesda, Maryland, to undergo the transplant without chemo, a procedure not offered in Canada.

"The total cost for the

procedure is normally \$500,000," explained Naomi's father Jose Fiogbe, who launched a website to help raise money for the transplant.

With help from the province, along with funding through a research program, Naomi's family only has to raise \$60,000 for the transplant.

Fiogbe said he and his wife feel like this is the last option for their daughter.

"Her quality of life is very tough," he said. "It's really complicated."

Because of the disease, the Grade 7 student often has to stay home from school; she said she misses learning and her friends the most.

"I spoke with my mom's friends, my aunts, my dad's friends (who have donated)," she said. "I would like to thank them all and may God bless them and tell them I hope they have a good life."

NorQuest set to receive \$170 million from the province for new building

NorQuest College is set to receive \$170 million from the province for the proposed North Learning Centre (NLC) project on Tuesday.

Premier Alison Redford and Minister of Enterprise and Advanced Education Thomas Lukaszuk are scheduled to make the funding announce-

ment for the centre Tuesday morning, according to college officials.

NorQuest College spokesperson Richard Wright said the dollars ensure a commitment to the college's future.

Once constructed, the four-storey building will be used by the college's projected 11,000

students, with 23 labs and 36 classrooms slotted in early renderings of the building.

The NLC will be connected to the existing building, the South Learning Centre, on 108 Street, according to the college's website. Early renderings also feature a daycare, a new library and a lecture theatre.

The building would be facing Capital Boulevard, flanked by 103 Avenue and 107 Street. Renovations and retrofit of the South Learning Centre would be needed to accommodate the new structure.

There is no word on estimated cost of the proposed NLC at this time. **STEPHANIE DUBOIS/METRO**



A rendering of the North Learning Centre. COURTESY OF NORQUEST COLLEGE/FICKR



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#wherethesnowplow. Mayor fields complaints

As snow hit the city this past month, many Edmontonians took a pass on 311 and went straight to the top to complain or compliment the city's snow-clearing efforts.

Mayor Don Iveson's Twitter account has been full of responses to citizens since last week. Since his election, Iveson has consistently been engaging people with their complaints and concerns.

"I always thought social media was a good place to talk about policy and high-level issues," he said.

Iveson said he might step

back from some of the individual complaints, because citizens would actually do much better in most cases to call 311.

"It's not the best use of the mayor's time to be dispatching plows," he said.

Coun. Michael Walters also deals with constituent concerns on Twitter and said it's a good way to interact. He said he views those questions no differently than ones from emails or calls to his office. "If it's a specific question that I can find a specific answer to, I will answer it."

RYAN TUMILTY/METRO



Some of the complaints the mayor got about snow clearing. SCREENSHOT

Poor weather conditions

Crash shuts down Highway 16

A 34-year-old woman was taken to hospital with serious injuries Monday following a collision involving 10 vehicles on Highway 16, near Highway 21. Due to the extent of the collision, RCMP closed down parts of Highway 16 for about four hours. Others involved in the collision received minor injuries.

Due to strong winds and heavy snowfall, driving conditions throughout the capital region were poor.

METRO

Driver unidentified

Man left in critical condition

A 25-year-old man was left in critical condition Monday morning after he was struck by a van in Edmonton.

Police were called to the area of 102 Street and 105 Avenue after 1:20 a.m. to respond to the hit and run. The van was located shortly after the collision, but the driver has not been identified. Police are asking anyone with information on the accident to call 780-423-4567 or #377 from a mobile phone. METRO



One of the many projects Make Something Edmonton's website highlighted this year was a design competition for a new festival road closure barricade. METRO FILE

Make Something office set to open

Budget talks. City to adopt grassroots project as brand



RYAN TUMILTY
ryan.tumilty@metronews.ca

Edmonton will make a greater push to sell the city with \$2 million in new funding for the Make Something campaign.

The city is following up on a submission from Make Something Edmonton earlier this year to formally bring the

initiative into the city's brand.

The business case, proposed in the new budget, would create a Make Something Edmonton office inside the Edmonton Economic Development Corporation (EEDC) with an operational budget of \$975,000, plus \$500,000 to have the city adopt Make Something as its new brand and another \$525,000 on external marketing campaigns.

Mayor Don Iveson said he believes the money on Make Something would be very well spent.

"Every time we talk to our business community and every

Come for our mall, stay for our ... shopping?

"We allow West Edmonton Mall to do the majority of the marketing for brand and reputation for Edmonton on a dollar-for-dollar basis." Mayor Don Iveson

time we talk to our public, one of the constant complaints — next to how we deal with snow — is reputation management," he said.

Iveson said the city has under-spent for a long time on its own brand compared to other cities and it is time for the city to do more to tell its story.

EEDC president Brad Ferguson said it only makes sense to have the city take over the work and the Make Something project.

"It takes a long time to build a brand and have it successfully out there in the marketplace and to stop something after one year would be a tremendous waste of money," he said.

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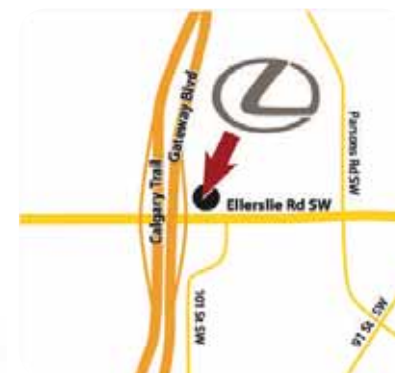
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Myanmar. Child soldiers still being recruited by military, activists say

He disappeared when he was 12 years old, a skinny fifth-grader named Min Thu from the wrong side of town who thought he'd stumbled onto the golden ticket.

A swaggering, potbellied businessman in Chaung Tha, Myanmar, offered him an escape from a neighbourhood where the houses are made of lumberyard scraps and the air smells of fish and decay and woodsmoke.

It ended with four years in the army.

Thu, now a stone-faced 17-year-old, joined thousands of boys who have been swallowed up over the years by Myanmar's army.

Over the next four years Thu would spend countless days carrying supplies and working on army-owned farms. He saw people die, in combat and in training. He'd see much of his \$30-a-month salary taken by his superiors.

As Myanmar shifts away from decades of military rule, emerging as a quasi-democracy where generals still wield immense political power, the government craves international respectability. Political prisoners have been freed, censorship has been abolished and, the government promises, the days of child soldiers are over.

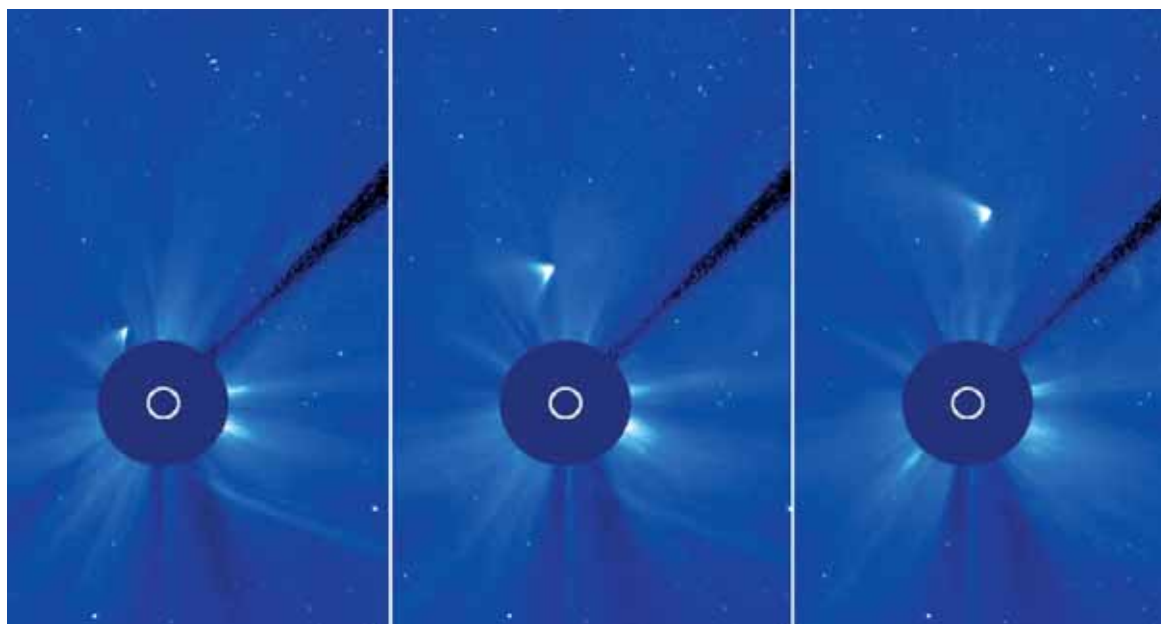
The United Nations and local rights activists say recruiting of underage soldiers has gone down, but many boys remain in the army, despite a government agreement to clear the military of anyone under age 18 by Dec. 1. Some have been taken in just the past few months.

Still, a system has been created to get children out of the army. If a boy soldier — or more likely his family — is able to contact an activist or international aid group, a bureaucratic process can be started leading to the boy's discharge.

THE ASSOCIATED PRESS



Min Thu, 17, a Myanmar army boy soldier, walks in a swamp in Chaung Tha, Irawaddy, where he used to spend days hiding, fearing arrest after running away from the army. GEMUNU AMARASINGHE/THE ASSOCIATED PRESS FILE



In this combination of images, Comet ISON appears as a white smear heading up and away from the sun on Thursday and Friday, suggesting a small nucleus may still be intact after its brush with the sun. COURTESY NASA/THE ASSOCIATED PRESS

A sun-roasted comet, or is it just the shattered remains?

Hubble may have the answer. Something came out from a spin around the sun, but nobody knows what's left of Comet ISON

NASA said Monday that the Hubble Space Telescope is the best bet for figuring out whether Comet ISON disintegrated during its brush with the sun

last week.

A pair of solar observatories saw something emerge from around the sun following ISON's close approach on U.S. Thanksgiving Day. But scientists don't know whether the spot of light was merely the comet's shattered remains or what's left of its icy nucleus. Either way, by now, they say it may be just dust.

In the coming weeks, scientists will keep a lookout for any brightening, which could indicate what, if anything, is left.

Tribute

"Never one to follow convention, ISON lived a dynamic and unpredictable life."

Karl Battams, astrophysicist with the Naval Research Laboratory, in a eulogy he wrote for Comet ISON, calling for donations to support science and math education for children.

Hubble should put the matter to rest in mid-December, when the remains are far enough from the sun for safe viewing.

As for us earthlings, there appears to be little chance of spotting what's left of the comet, which will pass closest to Earth on Dec. 26 at a safe 64 million kilometres away.

ISON was making its first visit to the inner solar system after travelling from the Oort cloud on the fringes of the solar system, home to countless icy bodies, most notably the frozen balls of dust and gas in orbit around the sun known as comets.

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N.Y. derailment. Train was travelling 52 m.p.h. over the speed limit

A commuter train that derailed over the weekend, killing four passengers, was hurtling at 82 m.p.h. as it entered a 30 m.p.h. curve, a federal investigator said Monday. But whether the wreck was the result of human error or brake trouble was still unclear, he said.

Asked why the train was going so fast, National Transportation Safety Board member Earl Weener said, "That's the question we need to answer."

Weener said the information on the locomotive's speed was preliminary and extracted from the Metro-North train's

two data recorders, taken from the wreckage after the Sunday morning accident in the Bronx.

He also said investigators had begun interviewing the crew members, but he would not disclose what the engineer had told them.

He said investigators were also examining the engineer's cellphone — apparently to determine whether he was operating the train while distracted.

Asked whether the tragedy because of human error or bad brakes, Weener said, "The answer is, at this point in time, we can't tell." **THE ASSOCIATED PRESS**

Ottawa

New regulations ahead for prepaid credit cards

Ottawa is moving ahead with new regulations on so-called prepaid credit cards, but not in time

for the holiday shopping season.

A source says the federal government will bring in an array of regulations governing prepaid cards, including an end to expiry dates and a prohibition on charging maintenance fees for the first year.

THE CANADIAN PRESS

Netanyahu under fire for high-rolling ways



Israeli Prime Minister Benjamin Netanyahu looks up as he arrives for a private audience with Pope Francis at the Vatican on Monday.

RICCARDO DE LUCA/THE ASSOCIATED PRESS

It's all about the Benjamins. Israeli PM raised taxes, slashed services while spending thousands on candles and flowers

Israeli Prime Minister Benjamin Netanyahu's penchant for scented candles is setting off a stink, with media and politicians accusing him Monday of extravagantly spending public money.

According to a document obtained by a civil liberties group, in 2012, Netanyahu spent \$1,700 on scented candles, \$23,300 on flower arrangements and \$31,600 on gardening at his official residence in Jerusalem, among other costs totalling about \$909,000.

The report threatens to embarrass Netanyahu, whose

More details

- Netanyahu was also shown to spend \$11,800 on laundry and \$41,600 on catering at his residence.
- The water bill for his vacation home amounted to more than \$22,000, and the electrical bill hit \$7,390.

government raised taxes and slashed services earlier this year to decrease a budget deficit.

"When the prime minister presents such inflated and absurd amounts in the expense sheet to the nation, he can't look at his citizens in the eye and swear that there must be cuts to their welfare, health care, security and education," wrote Arye Aplatoni in the Maariv daily.

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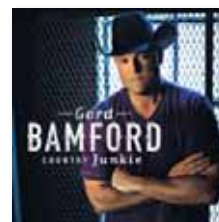
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Tuesday, December 3, 2013



N.S. MLA Joachim Stroink gets emotional as he takes questions from the media at the Liberal office Monday after receiving criticism for a photo, seen below, that he posted on Twitter. JEFF HARPER/METRO IN HALIFAX

MLA in hot water over photo with blackface character

Halifax. Says he now
realizes traditional
Dutch Christmas
character 'Black Pete'
may be inappropriate



HALEY
RYAN
Metro in Halifax



The Liberal MLA for Halifax-Chebucto fought back tears Monday as he spoke with media about a photo of himself sitting on the lap of a blackface Christmas character he had posted to Twitter and later removed due to the backlash.

Joachim Stroink tweeted the image of himself and his wife at a Dutch Christmas event with Zwarte Piet, or "Black Pete," on Sunday evening.

"This is a Dutch tradition I grew up with and never, ever in my deepest heart, ever thought that this would be portrayed in this manner," Stroink said. "There was no malicious intent whatsoever."

The debate around Pete intensified this year after cultural experts with the United Nations began examining whether the tradition is racist. People in the Netherlands are also divided, with some protesting the character and others declaring Zwarte Piet a symbol of Christmas fun.

Stroink said the negative attention he was getting on Monday "hurts in many

ways," because he has had to realize parts of his own culture might be at odds with the African Nova Scotian citizens he represents as a politician.

"I have to be respectful that I represent every culture, and no longer Joachim Stroink."

Stroink said he realizes there is "no place" for blackface in Nova Scotia culture,

and met with Tony Ince, a black member of the legislature and the minister of African Nova Scotian affairs, to discuss updating the tradition.

He said it could be that Zwarte Piet is no longer appropriate, but that's something the Dutch community should decide on their own, with "hopefully" Stroink and Ince's help.

Questioning tradition

'Black Pete' sparks debate

The Dutch character is the servant of St. Nicholas or "Sinterklaas" according to a traditional song, and is often shown wearing blackface makeup, red lipstick and a frizzy "Afro" wig.

Helland said he doesn't think Stroink was being malicious, but never had to look at the tradition critic-

ally before.

"It may be part of a tradition but that doesn't mean that it's right," said Christopher Helland, a sociology of religion professor at Dalhousie University.

The photo may not have been such an issue without social media, Helland said, but added online debates are good because they allow people who aren't usually heard to express their concerns.



Patrick Brazeau applies for membership to the parliamentary press gallery at the National Press Building in Ottawa on Monday. SEAN KILPATRICK/THE CANADIAN PRESS

Suspended senator lands himself new gig on Parliament Hill

Read all about it.
Patrick Brazeau hired by Halifax magazine as freelance reporter

Once, he so loathed the media that he angrily lashed out on Twitter against a journalist who reported on his poor Senate attendance record.

But it seems losing a steady paycheck after getting booted from the upper chamber does wonders for one's view of the fourth estate.

Welcome to the club, Patrick Brazeau.

The suspended senator has found work as a freelance reporter for the Halifax edition of Frank Magazine, despite having no prior journalism experience and a track record of Twitter trouble.

There's also the matter of his impending trial over charges of assault and sexual assault.

Brazeau openly solicited work on Twitter after he and fellow senators Mike Duffy and Pamela Wallin were suspended in early November over their questionable expense claims.

The satire and gossip magazine — not to be confused with the entirely distinct Ottawa version of the same name — announced its newest hire Monday.

"Listen, here's the deal: Frank Magazine exists, to paraphrase a famous quote, to comfort the afflicted, and be a pain (in) the arse to the comfortable," managing editor Andrew Douglas wrote on the magazine's website.

"And who could possibly be a bigger pain in the arse to, I dunno, just throwin' out some names here, senators (Marjory LeBreton, (David) Tkachuk and (Carolyn) Stewart Olsen than their former colleague, Patrick Brazeau? Can't you just picture it?"

Brazeau was scheduled to drop off his application for accreditation to the parliamentary press gallery Monday afternoon.

It will then fall to the press gallery's board of directors to decide whether or not to accredit Brazeau. If it does, he will be granted a pass that allows him to roam freely through some of the corridors of the parliamentary precinct.

In hiring Brazeau, Frank is getting a controversial figure.

Earlier this year, he was arrested in Gatineau, Que., and charged with assault and sexual assault. That led to Brazeau being kicked out of the Conservative caucus. His next court date is in mid-February.

In March 2012, he lost a charity boxing match to Liberal leader Justin Trudeau and, as a stipulation of the bout, ended up having much of his long hair cut off under the glare of TV cameras.

Sometimes, he lets his thumbs get ahead of his brain. In June 2012, he apologized after rhyming a Canadian Press reporter's name with a derogatory word on Twitter after she reported on his poor Senate attendance record.

Earlier this month, the Senate voted to suspend him over the expense issue.

The suspension — which lets Brazeau keep his health, dental and life insurance benefits — is to last for the rest of the parliamentary session, which could continue for the next two years.

So what's a suspended senator to do?

Brazeau made his intentions clear last week with a series of tweets that revealed he wanted a media job, is writing a book and is open to starring in a reality show — as long as it pays — in which he tries a different job every week, a nod to the old Canadian TV series *The Littlest Hobo*.

THE CANADIAN PRESS

Manitoba opposition leader wishes 'infidel atheists' a happy holiday, to mixed response

Manitoba's Opposition leader has offered his holiday wishes to groups of people including "infidel atheists," leaving on-line commentators divided as to whether the phrase was insulting or an awkward attempt at humour.

Brian Pallister gave an impromptu holiday message last week to a citizen journalist armed with a video camera. In the recording, which has thou-

sands of views on YouTube, Pallister offers seasonal greeting to Christians, Jews and others.

"All you infidel atheists out there, I want to wish you the very best also," the Progressive Conservative leader says on the video.

"I don't know what you celebrate during the holiday season. I myself celebrate the birth of Christ, but it's your choice, and I respect your choice. If you

wish to celebrate nothing and just get together with friends, that's good too."

Some saw the message as a clumsy attempt at humour and pointed out that Pallister's use of the word is backed by some dictionaries, which define infidel as someone who either does not believe in a particular religion or holds no religious belief.

Pallister didn't directly

apologize Monday.

He asked for forgiveness while at the same time defending his use of the word infidel.

"I'd just ask people in Manitoba, I hope, to forgive me at this time of year if they think I stepped on their toes, but I didn't. I sincerely just meant to include everyone in my best wishes," Pallister told reporters. THE CANADIAN PRESS

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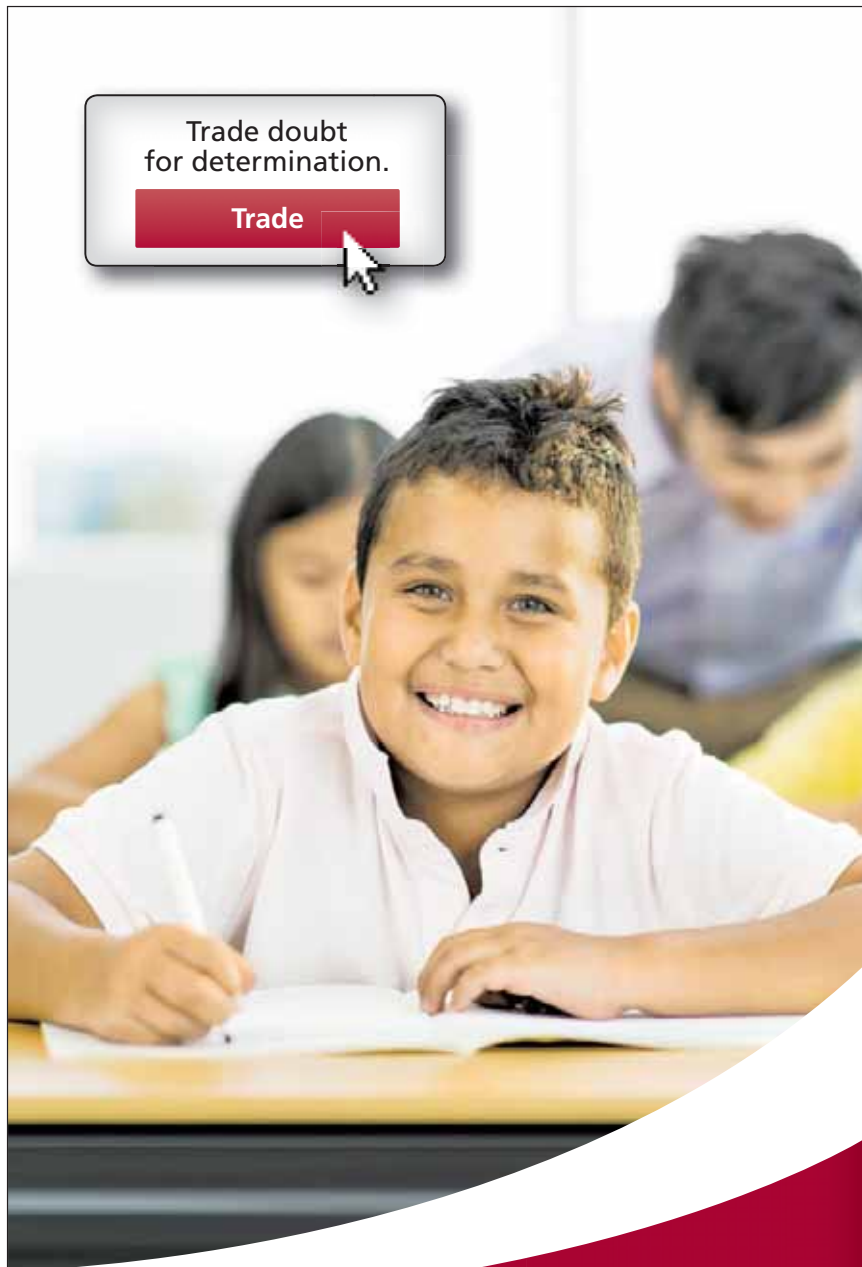
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Rafferty seeks public money to fund appeal

Victoria Stafford murder. Michael Rafferty can't afford legal help but needs it to appeal complex case, his lawyer argues

The jury that convicted Michael Rafferty of killing eight-year-old Victoria Stafford should have considered that he might have been only an accessory after the fact to her brutal murder, Ontario's Appeal Court was told Monday.

The argument was part of lawyer Paul Calarco's attempt to convince the court that there is merit to an appeal of Rafferty's convictions for first-degree murder, sexual assault causing bodily harm and kidnapping.

Rafferty wants the Appeal Court to order that the public fund his appeal, which Calarco argues is too complex for Rafferty to handle by himself. Rafferty can't afford to hire a lawyer and has been turned down four times by Legal Aid since his convictions in May 2012.

Rafferty's trial heard that he and his former girlfriend, Terri-Lynne McClintic, lured Victoria from her school in Woodstock, Ont., and drove to a secluded field, where the Grade 3 student was sexually assaulted and brutally beaten to death in April 2009.

It's "absolutely vital" that every person have the right to a fair trial and a proper ap-



Michael Rafferty, left, wants the Appeal Court to order that the public fund his appeal of his convictions in the death of eight-year-old Victoria Stafford, right. LEFT: DAVE CHIDLEY/THE CANADIAN PRESS FILE; RIGHT: CONTRIBUTED

Grounds for appeal?

The trial judge made three errors, lawyer Paul Calarco told the court.

- McClintic made conflicting statements about whether she or Rafferty delivered the fatal blows to Tori. If she was the "principal offender," then Rafferty's actions would make him an accessory after the fact.
- Superior Court Judge Thomas Heeney erred by not giving the jury a Vetrovec warning, which cautions juries about the

testimony of untrustworthy witnesses.

- The third ground that Calarco said points to the merit of Rafferty's appeal is another issue regarding McClintic's conflicting evidence. "This is a person who is totally capable of deceit," Calarco said.
- Crown attorney Randy Schwartz opposed the motion, arguing that the appeal is not particularly complex and doesn't raise novel points of law.

peal, Calarco said.

"That applies no matter if the person is one for whom the public has sympathy ... or a person the public has no sympathy for," he said.

Appeal Court Justice Marc Rosenberg reserved his decision, but he can either dismiss Rafferty's motion,

request that Legal Aid fund a lawyer or order that the money should come from the Attorney General.

Rafferty had been serving his life sentence at Kingston Penitentiary, but after the prison closed this year, he was moved to an institution in Quebec. **THE CANADIAN PRESS**

Suicide video seen online

An Ontario university has confirmed a fire was deliberately set in one of its dorms and is urging the public to avoid a suicide video of the event posted online.

It is believed a man who attempted suicide by taking pills and lighting his dorm room on fire — and streamed video of the event online — is a 20-year-old student at the University of Guelph.

On Saturday, a man identified only as "Stephen" posted a message on 4chan's /b/ board, one of the Internet's most diverse communities.

"Tonight I will be ending my own life. I've been spending the last hour making the preparations and I'm ready to go through with it. As an oldfag who's been on 4chan

since 2004, I thought I would finally give back to the community in the best way possible: I am willing to an hero on cam for you all," wrote Stephen.

In 4chan parlance, "an hero" is slang for committing suicide.

A video stream was set up and users watched as Stephen swallowed some unidentified pills and chased them with vodka. He then proceeded to start a fire in his room and curl up in bed.

Stephen continued to post to the stream's live chat, typing messages like "#imdead" and "#omgimongfire."

Eventually, firefighters stormed in and rescued the young man.

It now appears that Ste-

phen is a student at the University of Guelph. Firefighters were on campus Saturday night and took one victim to hospital with serious burns.

The fire call came in approximately 90 minutes after Stephen's first post on 4chan.

The university has since confirmed that the fire was deliberately set by a 20-year-old student in Dundas Hall.

"The university is aware that there is disturbing social media activity circulating about this incident and is urging people not to watch or distribute this hurtful material," read a statement.

According to the Daily Dot, 4chan users are already celebrating Stephen, referring to him as "Toaster Steve."

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10309 34 Ave

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West Edmonton Mall

12714 137 Ave NW

9935 170 St

10429 178 St NW

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Prost! To water, barley malt, hops and yeast

German beer brewers are seeking a 500th birthday present for their famed purity law: an official seal of approval as world heritage. The German Brewers' Federation said it has applied to German officials and UNESCO, the United Nations' cultural agency, to have the purity law recognized by the UN as a piece of the world's "intangible heritage." The law dates back to 1516 and allows nothing but water, barley malt, hops and yeast for brewing. THE ASSOCIATED PRESS FILE

Calling for \$15 US per hour. Can I get a living wage with that fast-food job?

Fast-food workers in about 100 U.S. cities will walk off the job this Thursday, protest organizers say, which would mark the largest effort yet in a push for higher pay.

The actions would build on a campaign that began about a year ago to call attention to the difficulties of living on the American federal minimum wage of \$7.25 US an hour.

Protesters are calling for pay of \$15 US an hour, al-

though many see the figure as a rallying point rather than a near-term possibility.

It's not clear what the actual turnout will be, or whether the walkouts will be enough to disrupt restaurant operations. Similar actions this summer had varying results, with some restaurants briefly unable to serve customers and others seemingly unaffected.

THE ASSOCIATED PRESS



In August, protests were held outside McDonald's, with more demonstrations set for Thursday. THE ASSOCIATED PRESS FILE

My true love maxed out

On the 13th day of Christmas came the \$114,651 Visa bill

The price of lords-a-leaping and ladies dancing has spiked this holiday season, but other items mentioned in the carol The Twelve Days of Christmas still cost the same as they did last year.

Buying one set of the gifts mentioned in each verse costs \$27,393 US in stores, or 7.7 per cent more than last year, according to the so-called Christmas Price Index that PNC Wealth Management updates annually. If you buy all 364 items repeated throughout the carol, you'll pay \$114,651 US — 6.9 per cent more than last year.

"We were surprised to see such a large increase from a year ago, given the overall benign inflation rate in the U.S.," said Jim Duni-gan, managing executive of investments for PNC.

The U.S. government's core Consumer Price Index rose only 1.7 per cent this year. THE ASSOCIATED PRESS

Market Minute



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Natural gas: \$3.97 US (+6¢)
Dow Jones: 16,008.77 (-77.64)

Here come the Amazon drones!

This is not a joke. By 2018, the world's largest online retailer aims to deliver your order to your door via a drone

The specs

Amazon CEO Jeff Bezos discussed the details of the drones in an interview.

- The drones can carry packages that weigh up to five pounds, which covers about 86 per cent of the items Amazon delivers.
- Amazon is testing the drones to have a range of about 17 kilometres, which could cover a significant portion of the population in urban areas.

Amazon.com is working on a way to get packages to customers in 30 minutes or less — via self-guided drone.

Consider it the modern version of a pizza delivery boy, minus the boy.

Amazon.com said it's working on the so-called Prime Air unmanned aircraft project in its research and development labs. But the company says it will take years to advance the technology and for the Federal Aviation Administration to create the necessary rules and regulations.

The project was first reported by CBS' 60 Minutes Sunday night, hours before

millions of shoppers turned to their computers for Cyber Monday sales. Amazon CEO Jeff Bezos said in a prime-time interview that while the octocopters look like something out of science fiction, there's no reason they can't be used as delivery vehicles.

THE ASSOCIATED PRESS



This undated image provided by Amazon.com shows the Prime Air unmanned aircraft project that the online retailer is working on. AMAZON/THE ASSOCIATED PRESS

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BLACK FRIDAY LEAVES A BLACK MARK

For five days straight my email inbox has received an uninterrupted deluge of sale announcements and promotional messages touting can't-miss markdowns on everything from leather jackets to hotel rooms to sushi platters.

From Black Friday Eve (previously known as American Thanksgiving) through to Cyber Monday, my cellphone has served as an annoying reminder of our collective obsession with discounted consumer goods and my own inability to remove myself from email lists.

You'd think Canadians would have been spared from this fabricated "holiday." But even though our Thanksgiving came and went over a month ago, Canadian retailers just had to get their own slice of that profitable retail pie. Wait—I should probably avoid "pie" references as they might conjure up images of families spending time together, when in fact 'tis the season for saving 40 per cent off flat-screen TVs.

I get it, stuff is expensive, and when that same stuff becomes not so expensive for a limited time, it's tempting to try and cash in on those savings. But the whole Black Friday thing has gotten out



SHE SAYS

Jessica Napier

metronews.ca

of control.

How does a simple holiday sale transform an average group of people into a stampeding herd who will stop at nothing to validate their self-worth through the accumulation of designer clothing and brand-name electronics?

In 2008, a 34-year-old Walmart employee died in Long Island after being trampled to death by hordes of impatient shoppers waiting to enter the store.

One of the worst things about this heinous event is that the bargain hunters—upon hearing the news of the man's death—just kept shopping. The same thing happened again in 2011 when shoppers walked over a 61-year-old man's collapsed body at a Target store in West Virginia.

According to blackfridaydeathcount.com—a morbid website that tallies the number of deaths and injuries related to Black Friday shopping events—there have been seven deaths and 90 injuries recorded since 2006. It's sickening to think that we've come to accept tragedies as just another part of this annu-

Blackfridaydeathcount.com

There have been seven deaths and 90 injuries recorded since 2006.

al ritualistic display of mass consumption.

Why do we continue to support a tradition that puts a price on a human life, especially when that dollar amount is a mere \$35 off a Blu-ray player?

Sorry to get a bit sentimental, but what I really want for Christmas this year doesn't have a price tag on it. I want us all to start acting less greedy and much more humane. I want to live in a world where, if people see a man fall, they help him get back up rather than brutally crushing him to death as they lunge at 2-for-1 Lego box sets.

Watching clips of savage shoppers mauling one another in the electronics aisle, I find myself wishing that this time of year could look more like the feel-good opening montage from Love Actually rather than a climactic scene from The Hunger Games.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Satan Claus is coming to town



SEAN GALLUP/GETTY IMAGES

Empty stockings should be the least of your fears

Revellers in Austria wear demon outfits while girls dress as angels prior to the annual Krampus night. The event honours Krampus—who, according to folklore, is the demon-like companion of St. Nicholas—who whips bad children with birch branches. **METRO**

Devil-may-scare

Krampus is represented by a hand-carved wooden mask with animal horns, a suit made from sheep or goat skin and large cow bells attached to the waist. In recent years, Tyrol has seen the founding of village Krampus associations with up to 100 members each who parade without St. Nicholas at Krampus events in November and early December.

METRO

Krampus's pagan roots

- The European practice of donning beast-like costumes and performing folk plays can be traced back thousands of years to pagan times. Among the most common figures in these rituals were Old Man Winter and the horned Goat-Man—archetypes now found in the forms of St. Nicholas/Santa Claus, and the devil, a.k.a. Krampus.
- Since the 1800s, Krampus has been emblazoned on festive greeting cards, often with the message "Grüß Vom Krampus" ("Greetings from Krampus"). In this way, the Krampus acquired a campy, Santa-ized quality. In 2004, comics publisher Monte Beauchamp reintroduced Krampus cards to America nearly a century after their heyday.

Clickbait



ANDREW FIFE

andrew.fife@metronews.ca

Whether it's the holidays or vacations that have you squeezed for cash, December can be the perfect month to stay inside. Here's three games that should serve you well:

Lords of Waterdeep:

Build a network of agents and recruit adventurers to climb the ladder of power in Waterdeep, all while racing against your rival lords. Developed by Playdek, the simple mechanics and smooth multiplayer make it just the latest in an embarrassment of board game riches available on the App Store. A note to new players: The AI is merciless. Play through the tutorial and take your game to some human competition. (iOS/\$6.99)

watch it spread to take its place among history's most effective plagues. (iOS, Android/\$0.99)

Mikey Shorts:

If you're looking for a time-waster that's a little less, the price has dropped on the excellent Mikey Shorts from \$0.99 to a crowd-pleasing zero cents. It's a simple sidescrolling runner that owes more than a little debt to Super Mario Bros. and just as addictive. (iOS/Free)

Plague Inc:

Richly supported with updates since its 2012 release, the developers of this death-to-humanity strategy sim have just dropped a new scenario. Choose the country where you would like your pet pathogen to infect its first victims, then hone its lethal skills and hopefully



SCREENGRAB

Letters

Where's the Black Friday reporting?

I noticed while reading the Metro that there was zero reporting about the ridiculous behavior of people during Black Friday shopping. I was hoping considering last week's papers were bursting with flyers, full and extended pages of ads, that you would report **anything** about the injuries or deaths caused by selfish shoppers. Instead, nothing. I guess it's easier to take money for Black Friday advertising than give an opinion on the reprehensible human behavior that comes with it.

Brian George Bowes, Toronto

Twitter

Suspended Senator Patrick Brazeau gets a gig with political satire mag Frank. What other kinds of work should he take on?

@FrenchmanCanada: He tried boxing and that didn't work really well. He should try wrestling, his twitter handle would make a great name: @TheBrazman

@KevinCHamilton: I think a career in satire really is the best thing for such an absurd person. Easier to explain away the crazy things he says.

WE WANT TO HEAR FROM YOU:

Send us your comments: edmontonletters@metronews.ca

DVD review



The Hangover TrilogY

Director. Todd Phillips

Stars. Zach Galifianakis, Bradley Cooper, Ed Helms

Any definition of the law of diminishing returns should in future simply have an arrow pointing to the cover of this triple set. The Hangover arrived in 2009 as a hilarious original comedy/mystery directed by Todd Phillips and starring Bradley Cooper, Zach Galifianakis, Ed Helms and Justin Bartha. The high-concept story had the four actors as bachelor party attendees on a Vegas bender. Three of them awoken from a night of drunken frolics to discover the fourth guy, the groom, MIA and possibly in danger. Wacky clues and bizarre antics enliven their search, which did boffo box office biz. A sequel was a given, but few could have predicting the rinse-and-repeat rip that was The Hangover Part II in 2011, which essentially replayed the story in a more exotic locale, Bangkok. Expectations were low for The Hangover Part III this past summer, and those expectations were met.

PETER HOWELL

Climb every mountain

The Sound of Music Live! Time is ticking for the cast of NBC's live production — a feat not attempted in more than 50 years

Maria, former would-be nun, is about to get married.

Starring as Maria in NBC's new version of The Sound of Music, Carrie Underwood is clad in her own T-shirt and leggings plus a wedding veil as she reverently steps through the bare-bones Manhattan rehearsal space while three dozen castmates, on their feet as if in church, sing How do you solve a problem like Maria?

Underwood's procession ends at the "altar" (marked by a music stand) to join her groom, Capt. von Trapp, played by jeans-and-sweater-sporting Stephen Moyer.

During this preliminary run-through a few weeks ago, much work clearly remained to get The Sound of Music Live! ready for airtime on Thursday, when it, along with everyone involved, will make history: More than a half-century has passed since a broadcast network has dared to mount a full-scale musical for live TV.

It would have been risky enough revisiting this Rodgers and Hammerstein classic on any terms. But this is no remake of the not-to-be-tampered-with Julie Andrews juggernaut, declares Neil Meron. Meron and longtime partner Craig Zadan



Carrie Underwood stars in The Sound of Music Live! on Thursday.

THE ASSOCIATED PRESS

are the telecast's Oscar-winning executive producers.

Instead, The Sound of Music Live! is the 1959 Broadway musical reimagined for TV, then given extra crackle with a live presentation.

Meron's message: Everybody knows The Sound of Music, or thinks they do from the 1965 film nearly everyone has seen. But relatively few fans are acquainted with the stage original. Drawing from it, The Sound of Music Live! is meant to feel familiar, yet at the same time come across as new and

different. Consider: Moyer with castmates Laura Benanti (as Baroness Elsa Schrader) and Christian Borle (as Max DeWeiler) are rehearsing a couple of weeks later a saucy song titled How Can Love Survive? This song will be brand-new to most viewers of the telecast — it was dropped from the movie.

"Plenty of nothing you haven't got. How can love survive?" Max tunelessly teases the wealthy Elsa, who, in her posh relationship with her fiancé, Capt. von Trapp, can never count theirs among "all

Where to watch it

- Citytv. The Sound of Music Live! airs on Thursday at 8 p.m. EST.
- NBC. Also begins the live show at 8 p.m. EST

the famous love affairs (where lovers starve and snuggle.)

There are still no costumes — at the moment, Borle is wearing jeans and a Batman T-shirt — but by now the entire production has redeployed to a cavernous Long Island, N.Y., soundstage.

Grumman Studios' Stage 3, with square footage rivaling a football field's, is now home to the terrace, along with five neighbouring sets evoking pre-Second World War Austria including the abbey, a festival site draped with huge swastikas and the summit over which (spoiler alert) Maria, the Captain and his seven children pass to flee the Nazis at the musical's conclusion.

This will mark Carrie Underwood's first time in a major acting role. Despite her status as a multiplatinum country music superstar who rose to fame as the winner of American Idol in 2005, she is a rookie compared to the other stage veterans.

"Carrie is one of the bravest artists we've ever worked with," says Meron, who notes that she arrived two weeks before the production's six-week rehearsal began with her lines fully memorized, to get a head start. **THE ASSOCIATED PRESS**

2 SCENE

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Gerry Dee is lonely at the head of the class

Light on Canadian laughs. Star of Mr. D holds out hope that more scripted comedies are on tap

CBC sitcom star Gerry Dee is feeling a bit lonely.

The standup comic-turned-TV personality says there aren't enough Canuck comedies on the tube and it's especially tough for half-hour laughers to find success.

Dee says he was disappointed to see CTV's Satisfaction conclude after just one season, but is hopeful for upcoming arrivals, including CTV's Dave Foley project, Spin Out.

"If we keep having shows cancelled it's certainly not incentive for networks to go, 'Let's keep doing this,'" Dee said at a recent CBC event to launch its winter lineup, including Dee's Mr. D.

"We've got to get these shows more successful and keep them on the air. Because

otherwise Canadian comedies are going to go by the wayside and they're going to hire American shows."

Dee notes that his high school comedy Mr. D is the only scripted sitcom on CBC's winter schedule. But he understands why the public broadcaster might be more willing to gamble on an hour-long drama or reality show than a quirky sitcom.

He notes that comedy is inherently subjective, while "drama is drama."

"People aren't talking about comedies, they're talking about dramas. They're the ones that bring the numbers in," he says, adding he's glad to see City's recent half-hour arrivals Package Deal and Seed.

"Comedy is not easy and I think the people that run these other shows are finding that, too. The numbers aren't great on any of the comedies in this country. And when the numbers are low, you get cancelled and that's the pressure we have on a weekly basis."

Dee's Mr. D co-star Darrin Rose is among several comics with development deals for



Gerry Dee says there are plenty of changes in store in the new season of Mr. D, which starts in February. CONTRIBUTED

prospective sitcoms. Rose's CTV venture Chasing Manhood is an ensemble comedy inspired by his stand-up material.

The network says it's also considering the 20-something comedy We're Adults

Now, from Kids In the Hall member and Less Than Kind showrunner Mark McKinney; a multi-cam friends comedy called The Team from Little Mosque on the Prairie writer Rob Sheridan; the half-hour

dramedy The Lainey Gossip Project inspired by eTalk correspondent Elaine Lui's celebrity website LaineyGossip.com; and untitled projects from Corner Gas writer Paul Mather and Community

Quoted

"We've got to get these shows more successful and keep them on the air."

Gerry Dee on the state of Canadian scripted comedy

scribe Vera Santamaria.

Over on Global, hopes are high for the green-lit comedy Working the Engels, with Andrea Martin and Benjamin Arthur as members of a debt-laden family who take over the deceased dad's storefront law firm.

Mr. D kicks off its third season in February with several changes in store, says Dee.

This time around, the bumbling Gerry gets a shot at teaching phys-ed and is excited to finally be in his element. But of course, nothing really goes well for him, says Dee, who serves as both showrunner and star.

"He just knows his stuff in phys-ed, (but) it doesn't make him a good teacher," he notes.

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You had me at merengue: Will Renee dance her way onto reality television?



Renee Zellweger

Renee Zellweger may be heading to television — and not in the way you'd expect. The actress is being considered by producers of *Dancing with the Stars* to head up a season of competitors made up of Oscar winners, according to Radar Online. "The producers are fixated on Renee in part because she hasn't done much dancing at all since *Chicago* more than 10 years ago, and

there's this real mystery about her and what she's up to," a source says. "They keep raising the amount of money they are willing to give her in the hopes that she'll say yes, and the theory is that if they can get her to sign on, then it would attract some other really prominent Oscar-winning stars — who wouldn't normally do reality TV — to fall in step."

Twitter



@ladygaga

Rolled around Tokyo today, made it to my favorite shop. They asked me to paint a leather (an epic pastime of mine)



@ChloeGMoretz

had a weird dream after watching the new hunger games that i picked up archery and was like a championship archer. weird. need to buy a bow.



@jeremypiven

The good news is we are alive and not defined by our favorite sports teams (he said sobbing like a grandmother on the floor)

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Two familiar faces come out to the social media sphere

PAT
HEALY
Metro World News

British Olympic diver Tom Daley and actress Maria Bello took to different forms of media this weekend to reveal new same-sex relationships in two heart-felt confessionals.

Daley took to YouTube to officially come out, telling fans that he has been dating a man for most of this year. "This has been a hard decision to make, but I wanted you to hear this from me," the 19-year-old athlete says in his video. "In spring this year my life changed massively when I met someone, and they make me feel so happy, so safe, and everything just feels great. That someone is a guy. It did take me by surprise a little bit. It was always in my head that something



like that could happen, but it wasn't until spring this year that things just clicked. It felt right and I thought, 'OK,' and my whole world changed there and then."

Meanwhile, Bello came out in a first-person essay in the *New York Times' Modern Love* titled, *Coming Out as a Modern Family*. "She was one of the most beautiful, charming, brilliant and funny people I had ever met, but it didn't occur to me, until that soul-searching moment in my garden, that we could perhaps choose to love each other romantically," she wrote about finding her new girlfriend, Clare. Soon, the two "began the long, painful, wonderful process of trying to figure out what our relationship was supposed to be." Jackson, Bello's 12-year-old son from a previous relationship, took his mother's new relationship in stride. When she told him about Clare, "He looked at me for what seemed like an eternity and then broke into a huge, warm smile. 'Mom, love is love, whatever you are,'" she wrote.



Paul Walker

Investigation into Walker's death unearthing unsettling details: TMZ

Details continue to emerge about the car wreck that killed *Fast and Furious* actor Paul Walker and his business partner, Roger Rodas, on Saturday. TMZ.com reports that cops are looking into the possibility that Walker and Rodas were drag racing when their Porsche exploded after first hitting a tree and then a lamppost. The area where they died is a well-known racing strip. In fact, the site reports that fans are "doing dangerous burn-outs, donuts and other high speed stunts" at the death site in me-

morium of Walker. Meanwhile, production for *Fast and Furious 7* "won't be scrapped," sources close to the production tell *The Hollywood Reporter*. The production has been underway in Atlanta, taking a break for the Thanksgiving holiday, and was scheduled to head to Abu Dhabi in January. Sources say production will be "delayed" as director James Wan and studio executives figure out how to re-work the project and "how to proceed in a manner that would be respectful to Walker's death."

Who gets to canoodle with Kate at her fantasy fete?

Everything's coming up Kate Moss this week.

First up, the supermodel, who turns 40 next month, was honoured at the British Fashion Awards in London on Monday where she won a special award for her 25 years in the fashion world.

Secondly, her hotly-anticipated issue of *Playboy*, which also celebrates the magazine's 60th anniversary, hits stands in the U.S. on Friday. The 18-page spread features a Q & A with Moss and Tom Jones. Jones just

lobs softballs at the model (as you should when someone is naked) with such questions as, "Who would be on your ultimate guest list?" The model replies, "Jack Nicholson, [photographer] David Bailey, Stevie Nicks, Catherine Deneuve, Joan Collins — love! She texted me the other day. I could not believe it. 'Hi, it's Joan Collins.' I was like.... [mimes dying-of-shock]. My husband, because it would be mean if I didn't invite him. And Hugh Hefner, obviously."

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What cha' know about the not-so-new tea trend matcha?

Good for you. It's been called the Superman of green tea, but what exactly does it do to help you in your day-to-day life?

MAJA LUNDAGER PEDERSEN
Metro World News

One hundred thirty times — that's how much the super-trendy, super-old Japanese matcha tea is supposed to beat regular green tea with when it comes to antioxidants. But what does that really mean? And is there a purpose for including a teaspoon of the — some would say not exactly tasty — matcha powder?

"I definitely think matcha can help prevent (illnesses) and keep you healthy when it comes to diseases," says Rachel Berman, dietitian and health content manager for About.com.

Matcha is a green tea and research shows that the antioxidants (more precisely, catechins) in it reduce the risk of cancer. Furthermore, green tea contains serotonin, which can help reduce stress and work as a mood enhancer. Last but certainly not least, it can help increase metabolism. But Berman is hesitant to tout it as a cure-all.

"I wouldn't necessarily say, 'Drink green tea and you will lose weight,'" she says. "The amount of calories you may burn won't make up for having a cheeseburger at lunch."

Making sense of matcha



If you find this wonder tea a tiny bit too expensive, Berman recommends you instead ask for a really high quality of green tea. You will probably get a lot of the same benefits from it, she says.

- **Where is it grown?** Matcha

only grows in Japan.

- **Why drink it?** It's known as a mood enhancer because of its amino acid content.

- **Pricey?** The softer matcha is, the more expensive it is.

One of the reasons why matcha is making waves more than normal green tea is the way it's brewed.

"Matcha is a powder and it's the entire leaf, versus brewing leaves in water, which won't give you as much of the health benefits," the dietitian tells us.

Matcha contains caffeine, too, and Berman doesn't recommend going over four or five cups a day, or drinking it past 5 p.m.

"Just incorporate it as a substitute for a mid-afternoon soda or coffee," she says.

The conclusion must be

that matcha is worth a try, but one question still remains. Why has a tea that's been around since the 12th century become so popular now?

"I think that people are looking for ways to improve their diet any way possible," Berman says. "Certain foods go in and out of trend all the time, so maybe people are looking for a way to get antioxidants since there has been so much research about how good green tea is. Why not have the one that is even more powerful than just regular green tea?"



Add a little matcha to your afternoon delight. ALL PHOTOS ISTOCK IMAGES

Best Health

Do you know the difference in diabetes?



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-Chief
Best Health Magazine

More than nine million Canadians, or one in four, are living with diabetes or prediabetes, and the number is expected to rise to one in three by 2020. Many people don't realize that there is a

big difference between Type 1 and Type 2 diabetes. In the November/December issue of Best Health, we asked Dr. Jan Jux, chief scientific advisor of the Canadian Diabetes Association, to explain.

Type 1

About 10 per cent of people with diabetes have Type 1. Although its cause remains unknown, people who have a family history of diabetes are considered at a higher risk of developing it. It usually begins in childhood and occurs when the body is unable to produce insulin, a

hormone that controls the level of glucose in the blood.

Those affected require insulin therapy, which is injected by pen, syringe or pump. People with Type 1 diabetes have to keep their blood-glucose levels in the target range. To measure levels, they can use a portable glucose meter that usually works by pricking a fingertip to draw a drop of blood. Until a cure is found, this is a lifelong process.

Type 2

This is the most common type of diabetes: Among

Canadians with the disease, approximately 90 per cent are affected by Type 2, which occurs when the pancreas does not produce enough insulin or when the body does not effectively use the insulin it produces. As a result, sugar builds up in the blood instead of being used for energy. Type 2 diabetes usually develops in adulthood, although increasing numbers of children and adolescents are being diagnosed.

People with Type 2 diabetes may be prescribed medications, and may

also have to monitor their blood-glucose levels. While a healthy lifestyle is beneficial for everyone, it is especially important for people who are at high risk for diabetes because of inherited factors. Increasing consumption of fruits and vegetables, eating whole grains, limiting portion size and increasing physical activity to maintain a healthy weight may reduce the risk of Type 2 diabetes.

FOR MORE FITNESS, FOOD AND BEAUTY FROM BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA, OR CHECK OUT OUR IPAD APP.

Huevos Rancheros: Brunch in Mexico without leaving home



This recipe serves two. COURTESY PRESIDENT'S CHOICE

Huevos Rancheros is a popular Mexican breakfast or brunch dish consisting of eggs.

Using egg whites instead of whole eggs in traditional egg dishes such as Huevos Rancheros saves you cholesterol, fat and calories. They also cook up fluffier than whole scrambled eggs.

1. In medium nonstick frying pan, melt butter over medium heat; cook onion for 4 to 6 minutes or until softened. In large bowl, whisk egg whites until very frothy; whisk in salt and pepper and add to pan with onions. Cook for 2 to 4 minutes, occasionally lifting eggs and allowing uncooked egg white to flow underneath, or until egg is set on bottom.

2. Meanwhile, in small saucepan cook salsa, tomatoes and beans over medium heat until hot.

3. Sprinkle cheese over eggs

and turn egg whites over, scrambling them slightly. Divide cooked egg whites between two dinner plates. Top with salsa mixture. Sprinkle with coriander. Serve with warmed whole wheat tortillas, if desired.

COURTESY PRESIDENT'S CHOICE

Ingredients

- 1 tbsp (15 ml) unsalted butter
- 1/2 cup (125 ml) chopped red onion
- 1 cup (250 ml) PC Blue Menu Egg Whites
- 1/8 tsp (0.5 ml) each salt and freshly ground black pepper
- 2/3 cup (150 ml) PC Avocado and Key Lime Salsa
- 1/2 cup (125 ml) quartered cherry tomatoes
- 1/3 cup (75 ml) rinsed and drained canned black beans
- 1/3 cup (75 ml) light cheddar shredded cheese
- 2 tbsp (25 ml) chopped fresh coriander

Health Solutions

Mr. Sunflower, bring me butter



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

Sunflower butter is not made from a nut. It is a seed, which makes it school approved. (Sometimes. You better check!)

Sunflower seeds are mildly anti-inflammatory due to their high mineral and antioxidant content but without sugar, the spread can be a tiny bit more bitter than the more typical peanut butter.

Fear not, here are some ways to enjoy it:

- Spread with honey and banana to provide a balanced snack.

- Dip dried fruit into a table-

spoonful.

- Use in place of peanut butter in cookie recipes. You will not notice the difference.

- Add to smoothies to bump up protein and good fats.

- Use in place of tahini for making hummus.

Each time you add a different food, you are adding different nutrients, and your body needs a wide range of every kind.

Go beyond wheat crackers and try quinoa or brown rice crackers to balance out the amino acids. Pairing a nut or seed with a whole grain makes a complete protein. Be brave!

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Different types

OMG: The truth about boredom

When dozing off in a classroom or office, you may think it's your fault but you would be wrong. There are clear categories of boredom triggered by your environment, says German pioneering researcher Dr. Thomas Goetz.

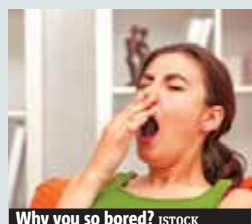
Indifferent boredom: A relaxing, possibly positive type – “a general indifference to, and withdrawal from, the external world”

Calibrating boredom: Wandering thoughts – “general openness to changing the situation”

Searching boredom: “Seeking out specific ways of minimizing boredom”

Apathetic boredom: Impossible to break from this mode – “dangerous, similar to depression”

KIERON MONKS/METRO



Why you so bored? ISTOCK

Managing meltdowns: Tips on tackling your kids' Xmas tantrums

Match expectations. If you mean business with them at home, don't change a thing when you all go to the mall together

With the arrival of the holiday season comes the inevitable spike in shopping excursions and social gatherings — and with them, potential opportunities for children to act out.

Navigating through crowded aisles and packed parking lots can be stressful enough. But contending with a youngster having a meltdown in the mall is enough to fray the nerves of even the most mild-mannered parent.

“Tantrums are about power struggles and attention,” said Natalia McPhedran, an Ottawa-based children's coach and author of *Life With Kids — Empowering Our Children To Be Ready For The Real World*, due out in December. “If we

use techniques at home that avoid the power struggles, I think that you're halfway there by the time you get to the mall because they know: ‘OK, Mom means business.’”

McPhedran — a mother of two — outlines expectations prior to a shopping trip. That includes specifying the purpose of the visit to ensure youngsters don't get sidetracked.

“For example: ‘Today, we're just going to get this and this and this. Do n't even ask me for chocolates, don't ask me for

candy, don't ask me for toys. You can look, but you can't touch, because today we're not buying that,’” said McPhedran. “If you're consistent with following through with other things at home, they know that you mean business when you say something.”

“You've already given them that pre-set expectation at home. When they get to the mall, they know that you're also going to follow through there.” Once kids know the expectations, McPhedran said it's still good to have rules making kids aware of what they can do.

“Once you get there, let's say: ‘Let's go in the toy aisle and let's go and look at all the cool stuff they have. Tell me what you like and we'll see what Santa can do,’” she said. “I remember we used to walk through the toy section of Zellers when

Even if they freak out, you should remain calm at all times. ISTOCK



Festive distractions

- **Keep 'em busy.** “Christmas is a great way to get them involved — decorating, cleaning, vacuuming. If you're going to have a big dinner, say: ‘This is going to be your job.’ How awesome do kids feel when you give them a task, like just making the name tags for the place settings?”

I was little and we never walked out with stuff every time we went.”

In the event a tearful tantrum still ensues, McPhedran said the source of unhappiness is usually due to one of three things: hunger, fatigue or a desire to be heard. Rather than reacting in anger to the outburst, she suggested an alternative approach.

“You have to keep your calm as well. Because if you freak out also, then that just gives them even more attention and more people look,”

said McPhedran, mother to an 11-year-old daughter and nine-year-old son. “Come down to their level, calmly say: ‘We are not having this right now.’”

McPhedran said adults should recognize their child's feelings, such as those of anger at parents for not purchasing a particular item. But they should then remind kids of initial pre-warning that buying goods for them wasn't a part of the day's agenda.

Similarly, when it comes to attending a party or family gathering, establishing and articulating ground rules beforehand is pivotal.

“If they know what to expect and they know what you expect of them, then the behaviour should just follow,” said McPhedran.

“Before I leave the house, I would say: ‘Listen, make your aunts and uncles proud. Show them that you know how to behave when you go to (an event) like this. And make yourself proud and feel good about yourself.’”

THE CANADIAN PRESS

What's growing in your veggie drawer? A big pile of potential monthly savings

Home economics. Get to know the inside of your refrigerator, and you'll find it's easier to use up leftover food



YOUR MONEY
Alison Griffiths
money@metronews.ca

My oldest daughter, Claudia, who just gave birth to grandson number two, has been coping with all the usual challenges — spit ups, endless laundry and sleepless nights. However, as she burps, rocks, changes and does it all again, a happy fact has emerged. She is saving money.

A drop in income during maternity leave usually places tremendous financial pressure on young families. However, my daughter triumphantly reported that her family of four is in better fi-

nancial shape than ever before. And it's largely because of the refrigerator.

During those sleepless pat pat, jig jig, feed, change and rock-for-hours nights, she started organizing the fridge. There she discovered a cornucopia of meals. Veggies, fruit, leftovers and bits of this and that stored in the fridge or freezer started her thinking about using it all up before the green fuzzies or freezer burn attacked.

What started out as something to kill time when she couldn't sleep turned into a habit of fridge and freezer cruising. Once she got the hang of coming up with meals based on items she had on hand, the habit quickly became ingrained.

As a result, she finds it far easier to put together dinner, no matter how tired she is, and she's discovered all kinds of new ways to use a cup of rice or a few slices of ham.

In fact, in the nearly two months since baby George arrived they haven't resorted to takeout once. Even better, neither she nor her husband feels deprived. Far from it. They feel empowered, as in, "I am in control of my fridge!"

Perhaps best of all, waste has been reduced to almost nothing, which in turn has taken a nice bite out of the grocery expenditures. Claudia figures she is saving



When you spend time going through your refrigerator and freezer, you're more likely to actually use up the food you've bought before it goes bad. iStock

Looking for leftovers

What started out as something to kill time when she couldn't sleep turned into a habit of fridge and freezer cruising.

around \$200 a month.

An Internet search turns up hundreds of excellent leftover ideas. One of the best resources is bigoven.com/recipes/leftover. Choose up to

three ingredients or flavours and a host of recipes appear. I picked bell pepper, brown rice and black beans, which resulted in some terrific ideas to use up three items in my

fridge.

Most of us have a group of ingredients that regularly end up as leftovers, eventually to be thrown out. With an arsenal of recipes that use

those ingredients, it will become fairly easy to whip up an eco-friendly, money-saving meal.

Eat and save money! Thanks Claudia.



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Please visit your nearest showhome or see www.coventry-homes.com for more details.



CFL

Eskimos sign Bowman to 2-year contract extension

The Edmonton Eskimos have signed import slotback Adarius Bowman to a two-year contract extension.

Bowman was activated off the nine-game injured list in Week 11. In nine

games, he recorded 44 catches for 697 yards and five touchdowns.

In Week 18, against the B.C. Lions, he caught six passes for 199 yards and two touchdowns — the third highest single-game yards total of his career and his second highest as an Eskimo.

Bowman missed all but two games in 2012 with a knee injury.

THE CANADIAN PRESS

Semyon Varlamov

Avs goalie remains free on bond

Colorado goalie Semyon Varlamov can remain free on bond while facing a domestic violence charge involving his girlfriend, a judge said Monday. The judge advised him to face a misdemeanor charge of third-degree assault. THE ASSOCIATED PRESS

NHL

Jokinen pilots Jets past former team

Olli Jokinen broke a tie with 7:18 left in the third period and then netted an insurance goal moments later to lift the Winnipeg Jets to a 5-2 victory over the New York Rangers on Monday night.

THE ASSOCIATED PRESS



Olli Jokinen, centre, celebrates his game-winning goal with Devin Setoguchi, left, and Chris Thorburn on Monday. GETTY IMAGES

Martin sweeps Stoughton into must-win territory

Roar of the Rings.

Edmonton skip improves to 2-0 while Winnipeg rink suffers its second loss

Jeff Stoughton made a great shot to tie their game but it wasn't enough as Kevin Martin extended his winning streak at the Olympic Curling Trials to two games and put Stoughton in a must-win situation from now on.

"Wasn't that something ... you're just never safe," Martin said of Stoughton's shot, minutes after the Edmonton skip's single in the 10th made it 6-5.

"We had to make it a tough double and of course he made an incredible double and made it a close game."

Brad Jacobs and John Morris also stayed undefeated. Morris, Martin's former third, is curling with B.C.'s Jim Cotter and he beat Calgary's Kevin Koe 6-4 and Jacobs, out of Sault Ste Marie, Ont., downed Winnipeg's Mike McEwan 7-5.

Glenn Howard, out of Coldwater, also beat fellow Ontario skip John Epping of Toronto

9-5, which left both at 1-1.

The crowd at the MTS Centre in Winnipeg had lots to cheer about as Stoughton made a difficult double off one of Martin's stones to score three in the ninth.

He missed another, perhaps even more difficult, multiple takeout in the sixth that could have given him four but he had to settle for one.

Stoughton knows he has no more room left to lose another game, with all agreeing a record of 5-2 is probably a must to make the playoffs.

"I would think so. It's not where we wanted to be after two games," he said.

"We've played worse and won."

He has already said this will be the last time he tries to win a spot on the Olympic team.

"There's five games left ... We're not out of this by any means." THE CANADIAN PRESS

Quoted

"Five and two is safe, four and three I don't think ever has been."

Kevin Martin, on the record teams need to earn in the round robin to make it to the Roar of the Rings playoffs.



Kevin Martin releases a stone against Jeff Stoughton in Winnipeg on Monday. JOHN WOODS/THE CANADIAN PRESS

Women's draw

Sweeting savours win over Jones

Undefeated Val Sweeting knocked off four-time Scot-ties winner Jennifer Jones Monday night to claim sole possession of first place at the Canadian Olympic curling trials.

Sweeting, who lives in Vegreville, but curls out of Edmonton, was down three early but evened things up in six and stole four in the seventh end en route to a 9-6 win over Jones.

Jones, who entered the game in a tie for first with Sweeting, now sits at 2-1 along with fellow Winnipeg skip Chelsea Carey, who knocked off Ottawa's Rachel Homan 9-8. Homan and the rest of the field sit at 1-2.

Stefanie Lawton picked up her first win 8-6 over Renee Sonnenberg of Grande Prairie, and Edmonton's Heather Nedohin also picked up her first win 6-3 over Sherry Middaugh.

THE CANADIAN PRESS

Ex-Oilers ushered into U.S. Hockey Hall of Fame



Doug Weight
GREGORY SHAMUS/GETTY IMAGES

Doug Weight recalled his father putting him on skates at the age of 2 because he could barely walk due to a childhood condition that relegated him to wearing braces on his legs.

"He started putting me on the ice to strengthen them at the suggestion from a doctor," he said.

Weight said it wasn't a

pretty sight at the rink in St. Clair Shores, Mich.

"I looked like Forrest Gump," he joked.

Four decades later, Weight was inducted into the U.S. Hockey Hall of Fame.

The Stanley Cup champion, three-time Olympian and four-time NHL All-Star was inducted Monday night at De-

troit's Motor City Casino — in the city where he grew up.

Weight was honoured along with former teammate Bill Guerin, a two-time Stanley Cup champion, three-time Olympian and four-time All-Star.

"It's very special, three different NHL teams and nine teams in all," Weight said

about the number of times he teamed up with Guerin.

"It's icing on the cake to go in with Billy."

Carolina Hurricanes owner Peter Karmanos, former college coach Ron Mason and Cindy Curley, one of the pioneers in women's hockey, also were inducted.

THE ASSOCIATED PRESS

Small roster a 'huge advantage': Sutter

World junior tournament. Team Canada's coach happy to have just 25 players listed for selection camp

The biggest challenge in coaching any national hockey team, says Brent Sutter, is forming an identity quickly.

"What you're about as a team, how you're going to play, the accountability has to fall into it right off the bat," Sutter said.

So for Sutter, the fact that Hockey Canada has named its smallest roster ever — just 25 players — to its national junior selection camp is a "huge advantage." It allows him to coach and instill that identity from the get-go, he said, rather than spend time evaluating players.



Minnesota defenceman Mathew Dumba was the lone NHLer named to Hockey Canada's selection camp Monday. BRUCE BENNETT/GETTY IMAGES

"You can run proper practices, you can just get things implemented and get going more with your team," said Sutter, head coach of Canada's world junior team.

"It's a change, it's certainly different than in the past

where it's been mid-30s or over, the amount of players that have been invited. But you know what? It's good. It wouldn't have been done this way if there wasn't a real clear direction of path."

Minnesota Wild defence-

man Mathew Dumba was the lone NHL player named Monday to a roster that Sutter called a "moving target." He's holding out hope that more NHL teams will release players before the deadline, such as Calgary Flames centre Sean Monahan, who's out with a fractured left foot. Countries must submit their rosters on Christmas Day, 12 hours before the tournament in Malmö, Sweden, begins.

Two goaltenders — Zachary Fucile and Jake Paterson — plus eight defencemen and 15 forwards have been invited to the selection camp opening Dec. 12 in Toronto.

This national junior team shoulders perhaps more pressure than any team before, since last year marked the first time in 15 years the Canadians didn't bring home a medal. Canada hasn't won world junior gold since 2009.

THE CANADIAN PRESS



Pelicans prevail in 3-OT

Bulls forward Loul Deng drives between New Orleans Pelicans Eric Gordon and Ryan Anderson on Monday night at the United Center in Chicago. Deng scored 37, but Anderson's 36 points — with seven three pointers — led the Pelicans to a 131-128 win in triple overtime. JONATHAN DANIEL/GETTY IMAGES

NFL

Police: No signs of trauma in death at Chiefs game

It could take four to six weeks before authorities can determine how a man died after an altercation in the parking lot of Arrowhead Stadium during Kansas City's game against Denver, police said Monday.

The man was identified as Kyle A. Vanwinkle, 30, of Smithville. An examination of Vanwinkle's body did not show obvious signs of trauma, Kansas City police spokesman Darin Snapp wrote in a statement.

Snapp said a man who owned a Jeep and his son returned to the vehicle during Sunday's game and found a man "who did not belong" inside, which led to a fight between the owner and Vanwinkle. Police responded to a disturbance and found Vanwinkle on the ground unconscious. Three people were taken into custody Sunday, but all were released Monday with no charges filed.

Snapp said investigators are awaiting autopsy and toxicology reports before deciding whether Vanwinkle's death was the result of a crime. THE ASSOCIATED PRESS

NFL. Seahawks trample Saints in Wilson's night

The rest of the NFC had better get ready to visit the Pacific Northwest in January. After Monday night's rout, the road through the NFC playoffs is almost certain to go through Seattle.

Russell Wilson threw for 310 yards and three touchdowns, and the Seattle Seahawks became the first team to clinch a spot in the NFC playoffs with a 34-7 victory over the New Orleans Saints on Monday night.

More important than just clinching a spot in the post-season, the Seahawks (11-1) moved two games ahead on the rest of the NFC in the race for home-field advantage and hold the tiebreakers over New Orleans (9-3) and Carolina (9-3), the two closest pursuers.

Wilson was outstanding, picking apart the Saints' defence. He threw touchdown passes of 2 yards to Zach Miller and 4 yards to Doug Baldwin in the first half as Seattle built a 27-7 lead. Wilson added a pinball 8-yard TD pass to Derrick Coleman in the third quarter.

Michael Bennett had a 22-yard fumble return for a touchdown in the first quarter to give Seattle a 10-0 lead and the Saints never threatened. It was a dominating performance by



Quarterback Russell Wilson helped the Seattle Seahawks secure the first spot in the NFC playoffs. ELAINE THOMPSON/THE ASSOCIATED PRESS

the Seahawks, making up for a lacklustre effort the last time they were given a national television spotlight and were taken to the final yard and final play by St. Louis.

Not this time. The most anticipated game in the NFC this season was a laugher.

Wilson completed 22 of 30 passes and finished with a quarterback rating of 139.6. He has 22 regular-season wins in his first two seasons, tied for the most ever by a second-year QB. THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	27	18	7	2	75	55	38
Montreal	28	16	9	3	76	59	35
Detroit	28	14	7	7	78	73	35
Tampa Bay	26	16	9	1	76	66	33
Toronto	27	14	10	3	75	73	31
Ottawa	27	10	13	4	78	90	24
Florida	27	7	15	5	59	91	19
Buffalo	28	6	20	2	48	85	14

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	28	18	9	1	86	64	37
Washington	27	14	11	2	82	78	30
NY Rangers	28	14	10	0	62	71	28
New Jersey	28	11	12	5	61	67	27
Philadelphia	27	12	13	2	57	65	26
Carolina	27	10	12	5	57	78	25
Columbus	27	10	14	3	67	80	23
NY Islanders	27	8	15	4	72	93	20

Monday's results

Winnipeg 5 NY Rangers 2
Montreal 3 New Jersey 0
Minnesota 2 Philadelphia 0
St. Louis at Los Angeles

Sunday's results

Vancouver 3 Carolina 2
Detroit 4 Ottawa 2
Edmonton 3 Dallas 2 (SO)

Tuesday's games

All Times Eastern

San Jose at Toronto, 7 p.m.
Tampa Bay at Columbus, 7 p.m.
Carolina at Washington, 7 p.m.
Pittsburgh at NY Islanders, 7 p.m.
Ottawa at Florida, 7:30 p.m.
Vancouver at Nashville, 8 p.m.
Dallas at Chicago, 8 p.m.
Phoenix at Edmonton, 9:30 p.m.
Los Angeles at Anaheim, 10 p.m.

Wednesday's games

Montreal at New Jersey, 7 p.m.
Philadelphia at Detroit, 8 p.m.
Phoenix at Calgary, 10 p.m.

Thursday's games

Dallas at Toronto, 7 p.m.
San Jose at Pittsburgh, 7 p.m.
NY Rangers at Buffalo, 7 p.m.
Winnipeg at Florida, 7:30 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	28	20	4	4	102	76	44
St. Louis	25	18	4	3	89	57	39
Colorado	25	19	6	0	76	52	38
Minnesota	29	16	8	5	70	67	37
Winnipeg	29	13	12	4	78	82	30
Nashville	27	13	11	3	62	75	29
Dallas	25	12	9	4	70	73	28

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	26	18	3	5	92	60	41
Anaheim	29	18	7	4	91	77	40
Los Angeles	27	16	7	4	70	58	36
Phoenix	26	15	7	4	85	84	34
Vancouver	29	14	10	5	77	77	33
Calgary	26	9	13	4	70	93	22
Edmonton	28	9	17	2	73	95	20

Note: Two points for a win, one point for overtime loss.
Boston at Montreal, 7:30 p.m.
Ottawa at Tampa Bay, 7:30 p.m.
Carolina at Nashville, 8 p.m.
NY Islanders at St. Louis, 8 p.m.
Chicago at Minnesota, 8 p.m.
Colorado at Edmonton, 9:30 p.m.

SCORING LEADERS

	G	A	Pts
Crosby, Pgh	13	23	36
Malik, Pgh	7	28	35
Steen, STL	20	11	31
Getzlaf, Ana	13	18	31
Kane, Chi	16	14	30
Tavares, NYI	11	19	30
Zetterberg, Det	11	19	30
Ovechkin, Wash	21	8	29
Perry, Ana	15	14	29
Thornton, SJ	4	25	29
H. Sedin, Van	7	21	28
Kunitz, Pgh	14	13	27
Couture, SJ	9	18	27
Karlsson, Ott	7	20	27

Not including last night's games

MLS PLAYOFFS

MLS CUP

Saturday's game — All Times Eastern
Kansas City vs. Salt Lake, 4 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	16	1	.941	—
d-Miami	14	3	.824	2
Washington	9	9	.500	7 ^{1/2}
d-Toronto	6	10	.375	9 ^{1/2}
Atlanta	9	10	.474	8
Charlotte	8	10	.444	8 ^{1/2}
Chicago	7	9	.438	8 ^{1/2}
Detroit	7	10	.412	9
Boston	7	12	.368	10
Orlando	6	11	.353	10
Philadelphia	6	12	.333	10 ^{1/2}
Cleveland	5	12	.294	11
Brooklyn	5	12	.294	11
New York	3	13	.188	12 ^{1/2}
Milwaukee	3	13	.188	12 ^{1/2}

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	15	3	.833	—
d-Portland	14	3	.824	1 ^{1/2}
Oklahoma City	12	3	.800	1 ^{1/2}
d-L.A. Clippers	12	6	.667	3
Houston	13	6	.684	2 ^{1/2}
Denver	10	6	.625	4
Dallas	10	8	.556	5
Golden State	10	8	.556	5
Phoenix	9	8	.529	5 ^{1/2}
New Orleans	8	8	.500	6
Memphis	8	8	.500	6
L.A. Lakers	9	9	.500	6
Minnesota	9	10	.474	6 ^{1/2}
Sacramento	4	11	.267	9 ^{1/2}
Utah	4	15	.211	11 ^{1/2}

d-division leader

Monday's results

Washington 98 Orlando 80
New Orleans 131 Chicago 128 3OT
San Antonio 102 Atlanta 100
Utah 109 Houston 103

Tuesday's games

Orlando at Philadelphia, 7 p.m.
Denver at Brooklyn, 7:30 p.m.
Milwaukee at Boston, 7:30 p.m.
Detroit at Miami, 7:30 p.m.
Phoenix at Memphis, 8 p.m.
Charlotte at Dallas, 8:30 p.m.
Oklahoma City at Sacramento, 10 p.m.
Toronto at Golden State, 10:30 p.m.

Horoscopes

Aries

March 21 - April 20

As the new moon falls in one of the more adventurous areas of your chart, you will take the kind of risk you might usually steer clear of. No doubt it will surprise a few people when it pays off handsomely.

Taurus

April 21 - May 21

In all things there is a natural ebb and flow. If you are on the down side of the curve at the moment, you are sure to be on the up again by week's end.

Gemini

May 22 - June 21

Optimism is generally a good thing but too much can be dangerous. The planets warn you must make an effort to see things as they are today, not as how you dream they might be. That applies especially to partnership matters.

Cancer

June 22 - July 23

If you change your mind about something today, you will most likely have to change it back again later in the week. Stick with the decision you recently made and see it through to the end. What happened to that resolute Cancer nature?

Leo

July 24 - Aug. 23

Yours is one of the most favoured signs at the moment and today's new moon in your fellow Fire sign of Sagittarius urges you to cash in on your creative ideas.

Virgo

Aug. 24 - Sept. 23

There are times when you let the mask of self-control slip and let your emotions get the better of you and that will most likely happen today. If it does, it may be to your benefit.

Libra

Sept. 24 - Oct. 23

Your energy may be high at the moment but don't burn yourself out. Social invitations will come over the next few days but you are under no obligation to say yes to any.

Scorpio

Oct. 24 - Nov. 22

The more you are told you can't have something, the more you will make a point of getting it. That could be fun but could also lead to situations that do you no favours. Don't let your desires get out of hand.

Sagittarius

Nov. 23 - Dec. 21

As the new moon takes place in your birth sign, it is essential that you choose one aim and stick with it. This can be one of the most successful times of the year but don't scatter your energies in a dozen directions.

Capricorn

Dec. 22 - Jan. 20

There is no point trying to hide your feelings because others can see how you are hurting. What they don't understand though is why you are hurting. If you need help, you really must be honest with them.

Aquarius

Jan. 21 - Feb. 19

The planets warn you need to watch what you say over the next 24 hours. Not everyone appreciates your directness and honesty, especially when it hurts them personally.

Pisces

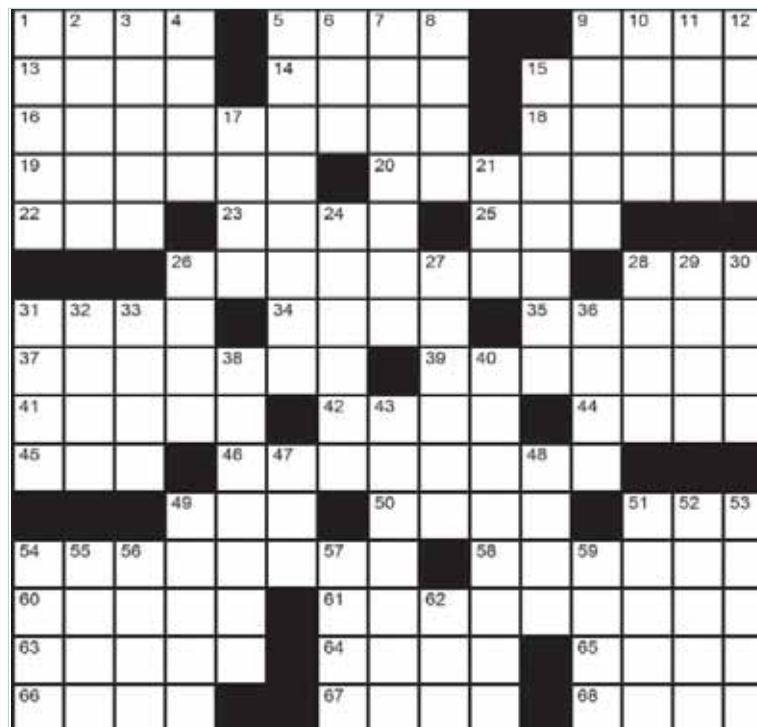
Feb. 20 - March 20

You may be dreading upheavals on the work front but the planets suggest you have little to worry about. There will be some adjustments to make, but over time you will benefit. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Punt
5. '90s Halifax band
9. Britney Spears' new album: 'Britney ___'
13. ___ even keel: 2 wds.
14. Stratford-___Avon
15. Ms. Berry
16. Potter's penner
18. "Golly!"
19. Anna Karenina's love in Leo Tolstoy's classic book
20. Shoppers ___
22. Tonality
23. ___ Admiral
25. Gambler's cube
26. "Hmm...": 3 wds.
28. Fred ___ (Lyricist of Broadway musical Cabaret)
31. Swedish store
34. John who co-hosted "Entertainment Tonight"
35. "Like that'll happen!"
37. Fraser = ___
39. Actress Ferrera
41. CTV journalist
- Ms. len
42. "___ help you?" (Store's query)
44. Kinds
45. Fathers of Jr.s
46. College in Ontario; or, actress
- Nicollette
49. Three non-consonants
50. Singer/songwriter
- Aimee
51. Grand ___ (Wine



designation)

54. Egypt: Kingly discovery back in '22: 2 wds.
58. Scratcher's reasons
60. Popeye's enemy
61. Traditional dwelling of the Iroquois
63. Tree type

64. Nine ___ Nails

65. Mix
66. Mailing enclosures, e.g.
67. Green, in Gaspe
68. Xs
- Down**
1. '70s detective series
2. Linen tape for trimmings

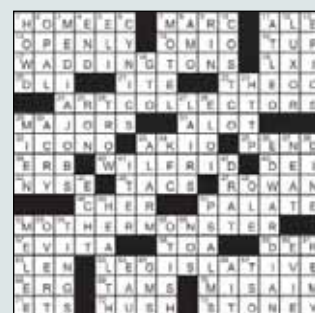
3. Comedian Drew
4. Fort __, Kentucky
5. 'Our Pet': St. Vital, MB-born singer, Member of the Order of Canada as well as Canada's Walk of Fame
6. Prefix to 'culture' (Beekeeping)

7. England's capital, in France
8. Civil or Electrical, e.g.
9. Actress Ms. Pressly
10. ___ Ostrovsky ("Hot in Cleveland" character)
11. Yankee or Oriole, e.g.

12. Tree dwelling
15. Cleanliness
17. Was alternative
21. 'Quiet' add-on
24. Punish with an arbitrary fine
26. Secular
27. Ms. Twain
28. Santana song: "___ Ways"
29. British guitarist
- Jeff
30. Cape Breton inland sea, ___d'Or Lake
31. Some PCs
32. Vehicle in "If I Had \$1,000,000"
33. Makes mistakes
36. Ireland, in verse
38. Guest
40. One Direction's latest album: '___ Memories'
43. Ulua: 2 wds.
47. Boo-___
48. Literary collection [abbr.]
49. "Melrose Place" star Rob
51. Plane-jumper's need
52. Amber, for example
53. Device operators, for example
54. Time as yet unknown acronym [pl.]
55. Role in "The Producers" (2005)
56. Sassiness, in slang
57. 1054 in ancient Rome
59. Price
62. ATM maker

See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY

WEDNESDAY

THURSDAY



MAX: -13°
MIN: -13°



MAX: -18°
MIN: -18°



MAX: -22°
MIN: -29°



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